

# Pure Dhamma – Sitemap

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A Quest to Recover Buddha's True Teachings

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Pure Dhamma – Sitemap

I have arranged the sections roughly in increasing complexity. However, you may want to scan through each section to get an idea of what is in each section. People have backgrounds at very different levels. Furthermore, even those who have been exposed to Buddhism for many years may not have a good understanding of the fundamentals.

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- [Origin of Life – One Creates One’s Own Future Lives](#)

Bhāvanā (Meditation)

The numbered posts are to be read in that order. Even for those who are practicing Buddhists, I recommend starting at the Introduction (#1), and going down the list of topics at least the first time.

- It would be a good idea to read the posts in the following subsection at some point, in order to get an idea about the reasoning behind this approach: “[Essential Buddhism](#)”.
- 1. [Introduction to Buddhist Meditation](#)
- 2. [The Basics in Meditation](#)
- 3. [The Second Level](#)
- 4. [What do all these Different Meditation Techniques Mean?](#)
- 5. [Ariya Metta Bhavana \(Loving Kindness Meditation\)](#)
- 6. [Ānāpānasati Bhavana \(Introduction\)](#)
- 7. [What is Ānāpāna?](#)
- [Is Ānāpānasati Breath Meditation?](#)
- 8. [The Basic Formal Ānāpānasati Meditation](#)
- [Possible Effects in Meditation – Kundalini Awakening](#)
- 9. [Key to Ānāpānasati – How to Change Habits and Character \(Gati\)](#)
- [Karaniya Metta Sutta – Metta Bhavana](#)
- 10. [Attaining the Sotāpanna Stage via Removing Ditthasava](#)
- 11. [Magga Phala and Ariya Jhanas via Cultivation of Saptha Bojjhaṅga](#)
- 12. [Key Factors to be Considered when “Meditating” for the Sotāpanna Stage](#)
- 13. [Kammattana \(Recitations\) for the Sotāpanna Stage](#)

#### Important Related Posts

- [Anussati and Anupassanā – Being Mindful and Removing Defilements](#)
- [Myths about Meditation](#)
- [A Simple Way to Enhance Merits \(Kusala\) and Avoid Demerits \(Akusala\)](#)
- [The Incessant Distress \(“Peleema”\) – Key to Dukkha Sacca](#)

- [Panca Indriya and Panca Bala – Five Faculties and Five Powers](#)
- [Possible Outcomes of Meditation – Samadhi, Jhana, Magga Phala](#)
- [What is Samadhi? – Three Kinds of Mindfulness](#)
- [Getting to Samadhi via Formal Meditation Sessions](#)
- [Are you not getting expected results from meditation?](#)

#### *Sutta Interpretations*

##### [Sutta – Introduction](#)

##### [Pāli Dictionaries – Are They Reliable?](#)

##### [Nikāya in the Sutta Pitaka](#)

##### [Sutta Learning Sequence for the Present Day](#)

##### ***Mahā Satipatthāna Sutta***

- [Satipatthāna Sutta – Structure](#)
- [Satipatthāna – Introduction](#)
- [Kāyānupassanā – Section on Postures \(Iriyapathapabba\)](#)
- [Kāyānupassanā – The Section on Habits \(Sampajanapabba\)](#)
- [Prerequisites for the Satipatthāna Bhavana](#)
- [What is “Kaya” in Kāyānupassanā?](#)

##### [Maha Chattarisaka Sutta \(Discourse on the Great Forty\)](#)

##### ***Dhammacakkapavattana Sutta***

- [Dhammacakkapavattana Sutta – Introduction](#)
- [Essence of Buddhism – In the First Sutta](#)
- [Majjhima Patipadā – Way to Relinquish Attachments to this World](#)
- [Tiparivatta and Twelve Types of Ñāṇa \(Knowledge\)](#)
- [Relinquishing Defilements via Three Rounds and Four Stages](#)

##### ***Anguttara Nikāya – Suttā on Key Concepts***

- [Dasa Akusala/Dasa Kusala – Basis of Buddha Dhamma](#)
- [Dasa Akusala/Dasa Kusala – Basis of Buddha Dhamma -2](#)

##### [Na Cētanākaraṇīya Sutta](#)

##### [Pathama Metta Sutta](#)

##### [Kukkuravatika Sutta \(Majjhima Nikāya 57\) – Kammakkhaya](#)

##### [Buddhism and Evolution – Aggañña Sutta \(DN 27\)](#)

##### [Tapussa Sutta \(AN 9.41\)– Akuppā Cētōvimutti](#)

##### [Yamaka Sutta \(SN 22.85\) – Arahant hood Is Not Annihilation but End of Suffering](#)

#### *Seeking Nibbāna*

- [Attha Purisa Puggalā- Eight Noble Persons](#)
- [Gati \(Character\), Anusaya \(Temptations\), and Āsava \(Cravings\)](#)
- [“The Way to Nibbāna – Removal of Āsavā”](#)
- [Kanha \(Dark\) and Sukka \(Bright\) Kamma and Kammakkhaya](#)
- [Dasa Samyōjana – Bonds in Rebirth Process](#)
- [The Cooling Down Process \(Nibbāna\) – How Root Causes are Removed](#)
- [“Why is Correct Interpretation of Anicca, Dukkha, Anatta so Important?”](#)
- [“How to Cultivate the Noble Eightfold Path Starting with Anicca, Dukkha, Anatta”](#)
- [“Akusala Citta – How a Sotāpanna Avoids Apayagami Citta”](#)
- [Difference Between Giving Up Valuables and Losing Interest in Worthless](#)
- [Root Cause of Anicca – Five Stages of a Sankata](#)

#### *Sotāpanna Stage of Nibbāna*

The first stage of *Nibbāna* — the *Sotāpanna* stage — is also called the Stream Enterer in English and *Sōvān* in Sinhala.

- [The Sotāpanna Stage](#)
- [Why a Sotāpanna is Better off than any King, Emperor, or a Billionaire](#)
- [Myths about the Sotāpanna Stage](#)
- [Anulōma Patilōma Paticca Samuppāda – Key to Sotāpanna Stage](#)
- [Sotāpanna Anugāmi and a Sotāpanna](#)
- [Sotāpanna Anugāmi – No More Births in the Apāyās](#)
- [Four Conditions for Attaining Sotāpanna Magga/Phala](#)

- [Sotapatti Anga – The Four Qualities of a Sotāpanna](#)
- [Sammā Ditthi – Realization, Not Memorization](#)
- [Assāda, Ādīnava, Nissarana](#)
- [Sakkaya Ditthi is Personality \(Me\) View?](#)
- [How Does One Know whether the Sotāpanna Stage is Reached?](#)
- [Akusala Citta – How Does a Sotāpanna Avoids Apayagami Citta](#)
- [What is the only Akusala Removed by a Sotāpanna?](#)
- [Udayavaya Nana](#)
- [Micca Ditthi, Gandhabba, and Sotāpanna Stage – \(in the “Mental Body – Gandhabba” section\).](#)
- [12. Key Factors to be Considered when “Meditating” for the Sotāpanna Stage](#) (in the Meditation section).

Also, see the following posts in the Abhidhamma section for more details (these could be helpful even if you have not studied Abhidhamma):

- [Why do People Enjoy Immoral Deeds? – Ditthi is Key](#)
- [Key to Sotāpanna Stage – Ditthi and Vicikicca](#)

Discussion Forum

- [Forums](#)
- [Pure Dhamma Discussion Forum Guidelines](#)

Abhidhamma

- [Abhidhamma – Introduction](#)

**Essential Abhidhamma – The Basics**

- [Amazingly Fast Time Evolution of a Thought \(Citta\)](#)
- [The Amazing Mind – Critical Role of Nāmagotta \(Memories\)](#)
- [Citta and Cetasika – How Viññāna \(Consciousness\) Arises](#)
- [State of Mind in the Absence of Citta Vithi – Bhavaṅga](#)
- [Bhava and Bhavaṅga – Simply Explained!](#)
- [Citta Vithi – Processing of Sense Inputs](#)
- [Javana of a Citta – The Root of Mental Power](#)
- [Cetasika – Connection to Gati](#)

**Mind and Consciousness**

- [What is Mind? How do we Experience the Outside World?](#)
- [What is a Thought?](#)
- [What is in a Thought? Why Gati are so Important?](#)
- [What is Consciousness?](#)
- [1. Thoughts \(Citta\), Consciousness \(Viññāna\), and Mind \(Hadaya Vatthu\) – Introduction](#)
- [2. Viññāna \(Consciousness\) can be of Many Different Types and Forms](#)
- [3. Viññāna, Thoughts, and the Subconscious](#)

**Gandhabba (Manomaya Kaya)**

- [Gandhabba \(Manomaya Kaya\)- Introduction](#)
- [Does any Object \(Rupa\) Last only 17 Thought Moments?](#)
- [Hidden World of the Gandhabba: Netherworld \(Paralowa\)](#)
- [Ghost in the Machine – Synonym for the Manomaya Kaya?](#)
- [Manomaya Kaya \(Gandhabba\) and the Physical Body](#)
- [Brain – Interface between Mind and Body](#)
- [Manomaya Kaya and Out-of-Body Experience \(OBE\)](#)
- [Cutī-Patisandhi – An Abhidhamma Description](#)
- These posts complement some of the posts in the “[Udayavaya Nana](#)” section, which is important for the *Sotāpanna* stage of *Nibbāna*. All these are pieces of a complex puzzle, but they are all inter-consistent. So, don’t worry if you do not understand it all; with time it will all make sense and will lead to unbreakable faith in Buddha Dhamma even through future lives. Faith comes via true understanding.

**Role of the Brain in Human Consciousness**

- [Body Types in Different Realms – Importance of Manomaya Kaya](#)
- [Does the Hell \(Niraya\) Exist?](#)

[Why Do People Enjoy Immoral Deeds? – Ditthi Is Key](#)

[Key to Sotāpanna Stage – Ditthi and Vicikicca](#)

## Deeper Analyses

- [The Origin of Matter – Suddhashtaka](#)
- [What are Dhamma? – A Deeper Analysis](#)
- [Pabhassara Citta, Radiant Mind, and Bhavaṅga](#)

## Comments/Reviews

- **Discussion of Comments** (These are based on questions sent to me via email by readers prior to 2018. In late 2017, a discussion forum was launched: “[Forums](#)“.)
  - [What is Intention in Kamma?](#)
  - [Would Nibbāna be Possible if Impermanence is the Cause of Suffering?](#)

## Logical Proof that Impermanence is Incorrect Translation of Anicca

- [“Self” and “no-self”: A Simple Analysis](#)
- [Craving for Pornography – How to Reduce the Tendency](#)
- **Book Reviews**
  - [“Why Does the World Exist?” by Jim Holt](#)
  - [“Waking Up” by Sam Harris](#)
  - [“The Language of God” by Francis Collins](#)
  - [“Spark” by John Ratey](#)
  - [“The Life of the Buddha” by Bhikkhu Nānamoli](#)

## Myths or Realities?

- [Animisa Locana Bodhi Poojawa – A Prelude to Acts of Gratitude](#)
- [Pāramitā and Niyata Vivarana – Myths or Realities?](#)
- [Tisarana Vandana and Its Effects on One’s Gati](#)
- [Does the Hell \(Niraya\) Exist?](#)
- [Can Buddhist Meditation be Dangerous?](#)
- [Boy Who Remembered Pāli Suttas for 1500 Years](#)
- [Do Buddhists Pray and Engage in Idol Worshipping?](#)
- Also see, “[Mystical Phenomena in Buddhism?](#)” in the subsection, “[Origin of Life](#)”
- Also see, “[Myths about Meditation](#)” in the subsection, “[Bhāvanā \(Meditation\)](#)”

## Tables and Summaries

- [Pāli Glossary – \(A-K\)](#)
- [Pāli Glossary – \(L-Z\)](#)
- [List of “San” Words and Other Pāli Roots](#)
- [The 89 Cittas](#)
- [Cetasika \(Mental Factors\)](#)
- [Rupa \(Material Form\)](#)
- [Rupa – Generation Mechanisms](#)
- [Rupa Kalapas \(Grouping of Matter\)](#)
- [Akusala Citta and Akusala Vipaka Citta](#)
- [37 Factors of Enlightenment](#)
- [Conditions for the Four Stages of Nibbāna](#)
- [Ultimate Realities – Table](#)
- [31 Realms of Existence](#)

## Historical Background

- [Historical Background – Introduction](#)
- [Methods of Delivery of Dhamma by the Buddha](#)
- [Misconceptions on the Topics the Buddha “Refused to Answer”](#)
- [Misinterpretations of Buddha Dhamma](#)
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- [“Tipitaka English” Convention Adopted by Early European Scholars – Part 1](#)
- [“Tipitaka English” Convention Adopted by Early European Scholars – Part 2](#)
- [Historical Timeline of Edward Conze](#)
- [Why is it Critical to Find the Pure Buddha Dhamma?](#)
- [Key Problems with Mahāyāna Teachings](#)

- [Saddharma Pundarika Sutra \(Lotus Sutra\) – A Focused Analysis](#)
- [What is Sunyata or Sunnata \(Emptiness\)?](#)
- [Incorrect Theravada Interpretations – Historical Timeline](#)
- [Buddhaghosa and Visuddhimagga – Historical Background](#)
- [Buddhaghosa’s Visuddhimagga – A Focused Analysis](#)
- [Background on the Current Revival of Buddha Dhamma](#)
- [Misinterpretation of Anicca and Anatta by Early European Scholars](#)
- [Tipitaka Commentaries – Helpful or Misleading?](#)

#### Dhamma and Science

- [Dhamma and Science – Introduction](#)
- [Good Explanations – Key to Weed Out Bad Interpretations](#)

**Subsection:** Origin of Life (see above)

#### Consciousness – A Dhamma Perspective

- [What is Consciousness?](#)
- [What Happens in Other Dimensions?](#)
- [Six Kinds of Consciousness in Our 3-D World](#)
- [Expanding “Consciousness” by Using Technology](#)
- [Expanding “Consciousness” by Purifying the Mind](#)

#### Consistencies with Science

- [Second Law of Thermodynamics is Part of Anicca!](#)
- [Quantum Entanglement – We Are All Connected](#)
- [Infinity – How Big Is It?](#)
- [Gödel’s Incompleteness Theorem](#)
- [Truine Brain: How the Mind Rewires the Brain via Meditation/Habits](#)
- [How Habits are Formed and Broken – A Scientific View](#)

#### Inconsistencies with Science

1. We all are impressed by the scientific advances made during the past 100 years or so making our lives easier and more productive. I am actually a cheerleader for scientific and technological advances.

- Physics had been my passion since high school days, and that changed when I started learning Buddha Dhamma several years ago. I still love and work on topics of interest in physics (and science in general). Fortunately, I am finding that those two interests are not mutually exclusive, and there is significant overlap. In fact, this section is the result of my two overlapping interests.

2. The following posts discuss cases where current theories of science are not consistent with Buddha Dhamma. I believe that science will recognize the primary nature of the mind in the future, and will discard the current notion that the mind (consciousness) arises out of inert matter.

[Neuroscience says there is no Free Will? – That is a Misinterpretation!](#)

[The Double Slit Experiment – Correlation between Mind and Matter?](#)

[Vision \(Cakkhu Viññāna\) is Not Just Seeing](#)

3. Despite the advances in science and technology, there is much about the human mind that science does not understand, and has not even begun to understand. **Western science is based on the five physical senses, leaving out the most important one, the mind.**

- At the present time, in 2016, scientists have the wrong view that consciousness originates in the brain.
- All scientific theories relating to the mind are based on this wrong hypothesis. However, Buddha Dhamma says not only that mind is a sense of its own, but it is the most powerful of all six senses.

Here is a post from the Abhidhamma section that has a deeper analysis of the brain-mind connection:

[Brain – Interface between Mind and Body](#)

#### Quantum Mechanics and Dhamma

This section will discuss two issues:

1. **A new interpretation of quantum mechanics (QM) based on non-locality is presented based on Feynman’s ideas.** Concepts like wave-particle duality, observer effect, are not needed. Furthermore, complex interpretations like the “Many-Worlds interpretation” are avoided. All existing experimental data will be shown to be consistent with this interpretation.
2. **A deeper understanding of how *kamma* automatically lead to corresponding *kamma vipāka* in Buddhism (Buddha Dhamma), becomes clear with this interpretation.**

[Quantum Mechanics and Dhamma – Introduction](#)

[Quantum Mechanics and Consciousness](#)

[Quantum Mechanics – A New Interpretation](#)

- [What Is a Wave and What Is a Particle?](#)
- [Photons Are Particles Not Waves](#)

[Basis of the Proposed Interpretation – Feynman’s Technique in QED](#)

- [Feynman’s Glass Plate Experiment](#)
- [Feynman’s Method of “A Particle Exploring All Possible Paths”](#)
- [“Exploring All Possible Paths” Leads to Fermat’s Principle of Least Time](#)

## Dhamma and Philosophy

- [Dhamma and Philosophy – Introduction](#)
- [Philosophy of the Mind](#)
- [Is Buddha Dhamma \(Buddhism\) a Religion?](#)
- [The Infinity Problem in Buddhism](#)
- [Free Will in Buddhism – Connection to Sankhāra](#)

## Miscellaneous

- [Pure Dhamma – Reflections on 2019](#)
- [Pure Dhamma – Reflections on 2018](#)
- [Pure Dhamma – Reflections on 2017](#)
- [Pure Dhamma – Reflections on 2016](#)
- [Pure Dhamma – Reflections on 2015](#)
- [Pure Dhamma – Reflections on 2014](#)
- [Buddha Dhamma – In a Chart](#)
- [Niramisa Sukha – In a Chart](#)
- [Ancient teeth found in China challenge modern human migration theory](#)
- [Mars Curiosity Photos Suggest Life May Have Existed on Red Planet](#)
- [Recent Publications on Benefits of Meditation](#)
- [Laniakea: Our home supercluster](#)
- [Think Outside the Box!](#)
- [There are as many creatures on your body as there are people on Earth!](#)
- [News Article on Robin Williams and Buddhist Meditation](#)
- [World Historical Timeline](#)
- [Second Largest Religion by State in the US](#)

- [Parinibbāna of Waharaka Thēro](#)
- [Pure Dhamma Essays in Book Format](#)
- [Pure Dhamma – Sinhala Translation](#)
- [Pure Dhamma – German Website](#)
- [Pure Dhamma – Korean Website](#)
- [Pure Dhamma – Hindi Website](#)
- [Niramisa Sukha – In a Chart](#)
- [Popup Pāli Glossary with Pronunciation](#)
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- [Pure Dhamma – Reflections on 2019](#)
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